

1949

## The Iowa Homemaker vol.29, no.8

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*Iowa State College*

Marjorie Miller  
*Iowa State College*

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*Iowa State College*

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## The Iowa Homemaker vol.29, no.8

### **Authors**

Barbara Parsons, Marjorie Miller, Margret Wallace, Virginia Foth, Barbara Allen, Carlyn Lovgren, Elizabeth Fox, Mary Kay Pitzer, Barbara Short, Floramae Gates, and Dorothy Miller

# The Iowa Homemaker



MARCH  
1950

COCONUT creamy, rich, nutty!

# COCONUT



IN THE DESSERT  
PACKAGE WITH  
THE BRIGHT RED  
BULL'S-EYE

A new  
flavor in puddings  
and only NuSWEET has it!

Here's your answer to something different for dessert. A few pennies, a twist of your wrist, and there's your creamy-rich, smooth, custardy new coconut dessert: full of bits of real coconut, full of nutty coconut flavor! You've never tasted a dessert like it. There's never been a dessert like it! And what a work-saver! What a time-saver! But above all, what a good dessert! Your family's going to love it!

Take the NuSweet Coconut Dessert from your grocer's shelf today—and remember the other four rich, creamy Nu-Sweet desserts, too:



CHOCOLATE  
VANILLA  
BUTTERSCOTCH  
LEMON



(This is the dessert that's so good you can make a lemon pie *without* eggs.)

Clinton's  
**NuSWEET** Puddings

CLINTON FOODS INC., CLINTON, IOWA

## Editorial

This lion-to-lamb weather is not the only thing that is changing in March. No doubt you're finding changes in yourself, letting down after the winter doldrums.

"It's March, and I've got that old spring fever ailment" — that perennial excuse that seems to cover a multitude of sins. How many times have you heard people say it?

They're forgetting that spring can also bring with it everything new — new offices in campus clubs, new honors, classes and schedules, new Easter clothes, new dates, pins and rings. And best of all, spring can bring the realization that in another two months you'll be out on your own — getting married, starting a summer job, or beginning the career for which 4 years of college have prepared you.

In any case, spring's a time to enjoy yourself. But don't get too deep in the nostalgic green buds and balmy breezes. Do a little spring cleaning on those New Year resolutions.—JS

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MARCH, 1950

# The Iowa Homemaker

A Review of Activity in Home Economics  
IOWA STATE COLLEGE, AMES, IOWA

VOL. XXIX, NO. 8

MARCH, 1950

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Cover photograph by John Radaatz; photograph, page 5 by Francis Slattery; photographs, page 6, courtesy of the United States Department of Agriculture; photographs, page 7, courtesy of Glentex scarfs; photographs, pages 10 and 11 by John Radaatz.

## ● IN THIS ISSUE

Few and far between are the students who don't drop into the Memorial Union for a Coke or a meal at least once during a day. So it's not surprising to learn that there's plenty of hustle and bustle going on in the Union kitchens long before most of us get out of bed. On pages 10 and 11 you'll find just how the Union manages to feed hundreds of people a day besides serving all the special parties, banquets and teas the Union is famous for.



# Spring

## ● ON THE COVER

Behind the camera instead of in front of it for a change is Lyndall Olmsted, a star in the home economics film being produced on campus. In the background is "Winged Victory," the statue in the lobby of Home Economics Hall. Lynn, a sophomore, is featured as a foods and nutrition major in the movie. In campus activities she has roles in the Home Economics Club and Twisters. Lynn was an attendant to the '49 Homecoming Queen, and is assistant editor of this year's Rushing Handbook.

Members of the Iowa Homemaker Publication Board: Barbara Allen, Joyce Anderson, JoAnn Breckenridge, Margaret Edgar, Katherine Goeppinger, Nancy Johnson, Peggy Krenek, Margaret Leveson, Louise Lippert, Kenneth P. Marvin, Dean P. Mabel Nelson, Paulena Nickell, Barbara Parsons, Marilyn Stover and Janet Sutherland.

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# Gounkers



barn dance companions...  
...the bold and bright circle skirt  
10 to 16 - 5.95  
... sleeveless cotton pique  
blouse 10 to 16 - 2.98

*Here's What's Going On  
Behind the Scenes of Iowa State's*

# Home Economics Film

*by Barbara Parsons*

FOUR HOME economics students at Iowa State are cast in starring film roles. Since last fall, Elizabeth Brookhart, sophomore; Margaret Schaeffer, freshman; Patricia Close, junior, and Lyndall Olmsted, sophomore, have been in front of movie cameras while shooting of a home economics film goes forward.

Work on the sound and color film, which is designed to help high school girls understand what a home economics college education is all about, began last summer. At that time, Steve Knudsen, in cooperation with the Division of Home Economics, and Candace Hurley, of the Iowa State College Information Service, wrote the first draft of the script. Mr. Knudsen acts as director of the film while Miss Hurley and the home economics staff give technical assistance on the home economics scenes. As the next step, the script was recorded so that members of the home economics staff could hear it and make suggestions.

## *Film Story*

The film story begins in a high school study hall, with all the usual activities — and antics — going on. The girls file into the auditorium where they are told they are to hear a special talk. A speaker tells the girls about the many careers that are open for them in home economics. (In the film these careers are pictured in fast scenes, one after the other, as the speaker talks.) Kay, a typical high school girl, is enthused. She consults her parents and they decide that she may go to college.

From that point the film centers around four college students — Kay, her roommate Jean, and two other students in the same dorm — Helen and Louise. They have the usual fun of college life — football games and formal dances. And each has the same major problems that any college woman has — passing chemistry, picking a major and studying. Most of the scenes show Kay, Jean, Helen and Louise in classrooms.

When the time comes to select their majors, Kay chooses education, Jean decides on textiles and clothing, Louise picks household equipment and Helen chooses foods and nutrition. (It was decided not to present the film by departments but rather to emphasize the over-all home economics field itself. Four large areas of home economics into which most students go — education, business, public service and homemaking — are shown. Although the locale of the

movie is largely at Iowa State, the film is not keyed to Iowa State alone, but is planned to be typical of any home economics school in the country.)

With the script approved, the producers got the go-ahead signal to start filming. A full-fledged search to find home economics students who could portray the roles exactly as the writers of the script had visualized them got into swing. The stars needed to be college women with distinct personalities so that a high school girl would be able to identify herself with at least one of the girls in the film. It was planned, too, that each of the starring players should have contrasting hair color — red, blond, brown and black.

Word passed around the campus that any woman student in home economics could try out for a part. After several days of auditioning, Elizabeth Brookhart was selected to play the role of Kay, Margaret Schaeffer was given the role of Jean, Pat Close was chosen as Louise, and Lyndall Olmsted as Helen. Laurayne Houlihan, sophomore, was selected for the role of Beth, a student in the new general home economics curriculum, who surprises her dorm friends with a 5-pound party. Jill Hall, sophomore, was given a character role as Alice, a studious high school girl, in the first scenes. Prof. William Murray, head of the Department of Economics and Sociology, and Mrs. Murray were chosen as Kay's parents.

## *Year-Long Process*

Although the film will run only about 25 minutes, it will take a year to produce because of seasonal shots. In November, the man behind the camera, John Radaatz, of the College Information Service, was busy taking pictures of the football crowd featuring cheerleaders JoAnne and Jack Smith. Mr. Radaatz will have to wait until spring to get graduation pictures and outdoor shots of physical education classes. It will take many hours, too, to film scenes in the Iowa Falls High School and shots of graduates on the job in Des Moines and other large cities.

Planning wardrobes for all the cast is another of the time-consuming jobs that makes the film a year-long process. Raiding closets for suits, coats, jackets, sweaters, blouses, shoes and hats took nearly the entire first month after the cast was selected. Several things had to be considered. The picture is planned to show college life during 4 years, so naturally, the

*(Continued on page 18)*



By Free Lancing This  
Homemaker Finds . . .

# Her Kitchen Is Her Office

*by Marjorie Miller*

**F**REE LANCE work keeps household equipment major Jean Veith Klas, '39, on her toes in the home economics field. Jean found that double duty as a homemaker and as a full-time home economist for the Seattle City Light Company prevented her from having her home in tip-top shape.

Part-time jobs, some of which could be done at home, were the perfect answer to her problem. She could devote full-time attention to her home and two daughters, age 7 and 16 months, without crowding out her interest in professional home economics.

Getting a start in free lance work was no problem at all for Jean with her background of experience as a home economist. The years since her graduation from Iowa State have been packed full of a variety of jobs. She started her career as a home service director in Miami, Oklahoma, for the Gas Service Company. Jean emphasizes, "I still hold that job dear to my heart, for it was there I learned the basic fundamentals of being a home economist in business." Later she taught household equipment at Iowa State.

Highlighting Jean's career days is her position in the Seattle City Light Company's Home Economics Department. Cooking and freezing school demonstrations were just a part of the wide scope of work done by this department.

## *Bakes 25 Cakes*

While doing this work Jean became acquainted with other home economists and with practically all of the major distributors of equipment, both large and small. When she left her professional job to devote more time to her home and family, these home economists and distributors referred small jobs to her. She also was notified of opportunities for free lance work through the placement chairman of the Seattle Home Economists in Business. These jobs have varied from baking 25 cakes for a Swansdown Cake Mix promotional banquet to editing a freezer booklet.

Baking those 25 cakes was quite a job in Jean's small kitchen but she managed to top each cake with swirling frosting and deliver them on time. She

explains, "I employed a woman to help with the work and together we made the cakes according to a plan furnished by Barbara Sampson, a General Foods home economist. They weren't all alike — about eight different kinds, as I recall, with tinted frosting, caramel, chocolate, and even one cake with glazed rose petals. I had to get all the ingredients myself except the mix which was delivered here by General Foods. Finding cake boxes, cardboard to put them on, and arranging for delivery all took time. The cakes were baked the day before the banquet and kept fresh in plastic bags. My older daughter was fascinated by all this cake baking — lots of frosting pans to lick."

## *Conducts Schools*

A year ago last summer Jean did a series of six freezing schools for a freezer distributor, which led later to the same kind of work with Kelvinator. A two-session cooking school also resulted, and some floor demonstrations on home freezers for local dealers.

Pay for these hour-long freezing schools ranges from \$12.50 to \$15 per session. But cooking schools which require much more detailed preparation, including planning and typing the program for printing, lugging equipment and groceries to some theater or hotel ballroom and planning for every spoon and spatula, pay from \$20 to \$40 a session. This averages about \$2 for each hour of her time. Jean received \$50 in payment for baking the 25 cakes.

Jean now conducts a cooking school every Monday night for the Bon Marche department store in Seattle. On the store's "County Fair Night" the demonstration featured making blue ribbon cakes. Two women from Seattle University, who are training to be home economists in business, helped Jean prepare the food and also helped with the demonstration.

One of Jean's secret ambitions is to get into radio television work someday. To keep up with the field, she does radio programs for KIRO occasionally — just for fun and experience.



# Dear Mother,

I BOUGHT a suit today. Will you forgive me? I know that the first thing you're going to ask is if I really need a suit. I thought and thought about it—I really did. I went through everything in my closet and decided that as far as early spring and next fall are concerned, my wardrobe is pretty depleted. One of the stronger spots in my clothing plan is good dresses for later spring and summer. If it hadn't been for that I never would have decided on a suit — I would have started hunting dresses instead. I realize you can't wear a suit late in the spring, but I think that what I need most is something I can wear for good and semi-good next fall and winter as well as this month and next.

Then, I got to thinking about next year and I figured that no matter what I do — if I come back to school, or get a job, or even if I decide to get married — I can always wear a suit. It seems to me that suits cost enough so that I ought to be able to wear them more than a year to make them worth it.

Besides, Mother, I look good in a suit, and I think that's pretty important.

As I said before, I wouldn't get a suit if I weren't sure I could wear it next year. So I tried to find a versatile one. If I thought I could squeeze still another year's wear out of my old one, I might have bought a dressy suit this time, just for variety, and besides they're so pretty this spring. But my old suit really is in bad shape, so I finally settled on a rather tailored ensemble, one that will carry me through any number of different occasions. Janie, my roommate, didn't think it was quite tailored enough, but she's graduating pretty soon and has her eye on something very professional looking and plain that she can wear nearly every day.

Even so, I think my suit will be practical. The material is hard-finish worsted that should take a lot of wear. It's also 100 percent wool. If I were buying a dressy suit, this wouldn't have meant so much to me, but when I know that I'll be giving my suit hard wear for a long time, I think it's important to check.

One thing about a hard finish — it's difficult to press. But when the pleats are in, they stay in. Remember that old tweed suit of mine? I loved it dearly, and it never did get shiny, but it seems as if I was pressing it all the time. Of course, it never showed spots, so it had its advantages.

When I told the sales woman what I wanted, she had some interesting ideas. She said checks — all sizes and colors — are *the* thing in suits this year. She also suggested that if I wanted a suit with color in it, maybe a bright color with black checks over it would be sufficiently toned down to suit me. The important thing this season I gathered are the *lines* in the suit, and special little features like different collars or unusual sleeve designs. They give that Paris look.

One thing that especially impressed me was the suits with two skirts. They seem to be more popular each year, and especially this year, when little loose jackets with contrasting skirts are so popular. One of the two skirts matches the jacket, and the other is of a harmonizing color and design. They really were



Cheryl McKenna, one of my friends, thinks this fashion-wise checked suit is just about perfect. It's softly-tailored, belted and really versatile. She found it at Tilden's Store for Women in downtown Ames.

worth seeing, even though I finally settled on this perfect gem of a suit that I know you'll approve.

The saleswoman had some little pointers on taking care of my suit, too. She said that many people send their woolen things to the cleaners too often and that so much cleaning and pressing can be hard on the material. She suggested that I try taking little spots off myself, and that when I press my suit, I press just the parts that really need it.

Of course, she added, that can be carried too far, and when a suit really needs cleaning, nothing else can be substituted. She also warned me against letting little rips wait just one more day before I fix them. They have a way of getting bigger, as I guess you know, Mother.

I've made a resolution not to hang my skirts over a hanger any more, too. It helps a pressing job a lot if I hang the skirt from the waist, either on a skirt hanger or with clothes pins from a plain hanger bent up in the middle. Jane loaned me one of her padded hangers for the jacket. She says she wouldn't dream of hanging her own suits on an unpadded hanger because they make creases down the front and around the shoulder pads.

So, you see, Mom, I'm not jumping into this thing with my eyes closed. I know when you see me in my new outfit, you'll be just as happy about it as I am. Even my roommate approves. And it suits me fine.

Love,

Vicky

# What's new in . . .

## Child Development

*Children like to have their hair washed* when they wear a shampoo shade made of vinylite plastic. There's less trouble for mother because this shampoo shade keeps soap out of a toddler's eyes, ears, and mouth. The shade is made in clear pink, blue, yellow or green with an elastic band to fit all children's head sizes.

*Heat baby's food right in the cans.* Simply set the opened cans in a rack of three nickel-plated rings and warm them in a saucepan of boiling water. The insulated ring stands up out of the hot water and allows cool handling.

*An elevator crib is adjusted in height* by simply hand cranking the mattress and springs up and down. At the lowest position the bed is near the floor; then even the most active baby can't climb over the side rails. At the highest position mother can use the bed as a dressing table.

*Turn a bicycle into a tricycle* with an extra pair of wheels and give extra support and safety to youngsters learning to ride. The red-enameled, 4 $\frac{3}{4}$ -inch steel disk wheels with solid rubber tires attach to the rear wheel of 16, 20 or 24-inch bicycles. When the child has learned the trick of balancing a tricycle the auxiliary wheels are easily removed.

## Home Management

*Make a Hollywood-type bed* by attaching square hardwood legs to your coil springs. Slip the leg under the springs, slide the metal cap over the leg and tighten the thumb screw on the top. Legs are capped with steel gliders that won't scratch the floor. Available in walnut, mahogany or maple finishes, the square legs are 7 inches long.

*There's unexpected storage space* in benches of a novel dinette set. Inside one bench there's a pop-up ironing board which automatically rises to ironing position when the seat is raised. Fully padded, the one-piece board is equipped with a non-skid rack built in to hold the iron. The second bench has storage space for linen and kitchen equipment.

*For women who shop* and especially for women who do all the grocery marketing on foot or by streetcar — a new shopper's coat with carry-all is a happy combination of good looks and usefulness. Made of a new-type shower and wrinkle resistant cotton coating it can be worn rain or shine.

Upper left: No need for bulky handbags. Your shopping list fits into its slot on the left sleeve and a pencil is safely attached inside the lower right pocket.

Upper right: Stop fumbling for bus tokens or house keys. A token dispenser and key are on an automatic chain which flips back into place when released.

Bottom: A pocket set in the sleeve seam is made to dispense paper handkerchiefs.

Also featured is a plastic covered carry-all just the right size for the largest grocery bags. It can be carried to the store folded like a purse.

## Textiles and Clothing

*No more clatter if you use stair pads* of sponge rubber under your stair carpeting to protect it from wear and to prolong its life and beauty. Each pad is 24 inches long to fit 27-inch carpeting and is tapered at the edges for a smooth tailored fit.

*Five new nylon fabrics* will enter the fabric market this spring—a puckered checkerboard sheer, drapable nylon suede, washable, non-tarnishable metallic dotted net, self-stripe sheer for lingerie, and shantung weave nylon for train wear.

*Fare ready?* A compartment in a plastic handle of an umbrella holds 50 cents or more in nickels, dimes and pennies ready for bus fares and newspapers. The transparent umbrella is covered with a thin coat of plastic which gives long-wearing qualities and also provides the user with a clear view of traffic.





# New Scarf Twists

by Barbara Allen

SCARFS make it possible to triple the effect of your small wardrobe, and prolong the life of your basic suit or dress.

Spring fashion news centers around ideas like these:

- To make a *petal-drape collar* fold the scarf in a triangle, tie at back of neck, pull ends of knot under at back and around to front at each side. Then spread out flat.
- For a *classic gilet* fold a 36-inch scarf on the diagonal. Knot ends opposite the fold at back of neck. Pull opposite corners around to back of waist and tie.
- A *triangle capelet* can be made by folding a 36-inch scarf on the diagonal, draping it around your neck from the back, bringing the ends under your arms and tying it in back under the triangle.
- You can make a *fichu collar* if you fold a 36-inch scarf on the diagonal, drape it around your neck with the triangle at the back, and tie the ends in a double knot, forming a low rounded V-neckline. For the new V-line bodice, do not tie, but cross ends in front, tucking them under a belt.
- For a *pull-through tie* to soften the severe lines of your tailored dress or blouse, draw an 18 or 24-inch scarf through a bar pin or choker necklace. Tie it in a single knot, and let the two layers hang in soft folds.
- Drape one side of a 36-inch scarf around your neck from the back for a *blouse-back bolero*. Then bring one end down over your shoulder and the other end up under your arm and tie. Repeat on your other shoulder.

In this year of straight and narrow silhouettes and neutral or dark plain colors, scarfs provide color and line accents in many ways. A little ingenuity and a little practice, plus a few scarfs in any of the new high fashion colors, will add different personalities to your spring costumes.

- *Top right: Horseshoe Neckline.* Fold a 24-inch scarf on the diagonal with ends inside and tie at back of neck. Fasten in front with clips.
- *Middle right: Mid-Century Rostite.* Fold a 24-inch scarf on the straight to 3-inch width. Tie in a slip knot at one side of neck. Fluff out edges.
- *Bottom right: Butterfly Bow.* Fold scarf, tie knot and tie around neck with knot at center front.
- *Bottom left: Roll-collar.* Tie one side of 36-inch scarf around waist. Roll opposite end tightly several times and tie at back of neck. Turn extra fullness under.

\* \* \*  
All scarfs pictured are Glentex scarfs.



## Remember Rushing's...

When planning parties, firesides, or spreads, remember that we are here to help you. Rushing's is your store for quality at low cost.



### Rushing's Commissary Dept.

229 Main Street

Phone 3770

## Spring Beauty in Blouses

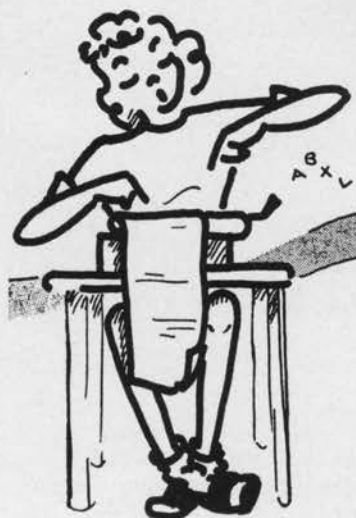


Easter will soon be here and that means new clothes to pep up your wardrobe. A new blouse is a necessity to wear with suits or skirts. The spring blouses are delicately designed in sheer materials. We have sizes 32-40, moderately priced for any budget.

*The Fair*  
AM'S FINEST STORE

225 Main

Phone 100



## Here's

by Carlyn Lovgren

To avoid holes and stiff, puckered spots caused by too hot an iron, *Maryann McDermott*, H. Ec. So., uses a steam iron for her new nylon blouses. She also has found a use for the glass tubes in which toothbrushes are sold. They make clever knitting needle holders, or several can be fastened together and hung on the wall as vases for small vines.



Wastebaskets are the place to keep your friends—in name only, according to *Dorothea Kuschmann*, H. Ec. Sr. She has her friends autograph her wastebasket in bright colored paint and it adds interest to her room.



*Marilyn Mayfield*, H. Ec. So., has several ways of making slippers. You can make some too, by cutting up old felt hats, and making them the size of a pattern of your foot. The pattern is made by placing your foot on a piece of paper and drawing around it, to form the sole, and cutting the sides similar to moccasins. Line the felt with composition board or cotton, depending on whether you want them hard or soft. Decorate them with yarn or sequins.



Washcloth slippers are comfortable too. Fold the washcloth in half, sew up two of the sides, and shir the top with either string or elastic.



*Carol McCready*, H. Ec. Jr., makes small scarves cleverly and inexpensively by purchasing white silk by the yard, and cutting it into any size squares she desires. She then dyes them in different colors to compliment her wardrobe. She wears them with blouses, sweaters and suits.



This idea is for you, if you've dripped candle wax on your clothing or a tablecloth. *Dorothy Olson*, H. Ec. Sr., places the spot of wax she wants to remove between two blotters, and presses with a hot iron. The blotters absorb the wax, and the spot disappears easily.



# An Idea

If you're tired of your bulletin board, and just want a few pictures of your friends hanging on your wall, try pinning them on a long wide ribbon. Tie a bow at the top of the ribbon, and fasten it to the wall. The ribbon can be as long or as short as the number of pictures you want to hang.



Kay Anway, H. Ec. Jr., adds a touch of variety to her basic jewelry. She interlaces a ribbon of a matching or contrasting color of the dress or formal she's wearing, through a plain link necklace.



You can brighten a plain wool dress with pearls and a scarf. Barbara Short, H. Ec. So., has a different way to wear them. She twines a long string of pearls around a scarf to create a new and different belt.



Mary Jo Galvin, H. Ec. Jr., has a suggestion for a new jewelry box. She uses the boxes in which typewriter ribbons are shipped to stores. They are just the right size, and have tiny drawers—a perfect way to separate your different types of jewelry. She lines the drawers with wallpaper, and covers the outside with felt. Mirrors can be glued on the felt for added interest.



Place mats can be made from used pieces of X-ray film. Anne Guggedahl, H. Ec. Jr., asked for some of the film at the hospital, and scrubbed the pictures off with scalding water. She then put a piece of attractive wallpaper between two sheets of the plastic-like material, punched holes around the edge, and bound the three layers together with plastic or wool yarn.



Dorothy Creelman, H. Ec. Jr., suggests an easy way to remove lint from soft wool skirts and suits. She wraps a wide strip of adhesive tape, sticky side out, around her hand like a mitt, and with a few quick strokes, wipes the lint off her clothing.

## Your Portrait

FOR

## Mother's Day

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Velvet step  
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*feminine to the  
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Our new selection is breezing with new ideas for your wardrobe at low prices that will surprise you.

\$7.95—\$9.95

## CARTY'S SHOES

222 Main

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# It's Mealtime at the

by Elizabeth Fox

Miss Mabel Anderson, head of the Union's food department, checks the bulletin board to make sure the day's instructions are properly posted for coordination of all food production.



**J**UST as you're trotting off to your eight o'clock, the food production department of the Union has finished with breakfast, already has lunch well under way and cooking for dinner is beginning.

From the time the work first begins at 5:30 a.m. until the floor is swept and scrubbed at night, the Union kitchens are in a continual bustle. More than 70 full-time people and 200 part-time people, mainly students, carry out the many duties of the entire food department.

Miss Mabel Anderson, who heads up the food production, is a graduate of the University of Minnesota. She has been with the Union since the planning stages. Her right hand assistant is Miss Beulah McBride who plans the menus for the Cafeteria and Oak Room and supervises the

Mrs. Betty Lisher, Oak Room hostess, takes a last minute check on plates for careful food arrangement and appetite appeal. Waitresses are schooled in proper table setting, service and etiquette. Bulletin board reminders keep everyone on her toes. Oak Room service includes weekday luncheons and dinners on Wednesday nights.

kitchen production. Keeping the running at first rate efficiency is Mrs. Newell, a graduate of Iowa State. For special Oak Room service, Miss Andy, as many friends call her, puts Mrs. Helen Newell in the kitchen. Mrs. Newell is also an Iowa State graduate.

But the part of the Union that keeps the activities all day — the Grill — has its own problem of "Wag" Wagaman. In the future, more than 100 gallons of food, including a dozen doughnuts (from the Union's nut machine) are served every morning.

In the future are extensive plans for the food department. Besides reorganizing the kitchen, there'll be more dining room space, storage and office space, freezers and

Shaping lettuce cups for attractive presentation. Women's hands flying both morning and night may choose from an array of six to ten different molded salads in the Cafeteria line. A variety of dressings adds even more zest to the



Two of the five pastry cooks turn out dough ingredients are weighed, mixed, and crusts are rolled by machine. Cherry pie is popular with customers. Apple and lemon meringue cakes and puddings are some of the other items prepared for Grill, Cafeteria, Oak Room and



THE IOWA HOMEMAKER

# Union

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Miss Beulah McBride, left, food production manager, inspects a pan of stew and discusses the next day's schedule with one of the morning cooks. Eight full time employees cook the meat, vegetables and potatoes for three meals. Helping them out are two men who do all the peeling and scraping of the vegetables.



Charley Biewen slices choice rounds of swiss steak on the butcher block. Two men process more than 3,400 pounds of meat each week. Most of the meat comes from wholesale distributors and arrives in whole or half carcasses. It also takes three stockroom men to order, receive and issue food.



Fast service of food that's hot and tasty is the aim of more than 215 students who work part-time in the Cafeteria, Grill and Oak Room. Fifteen students, working two lines, serve a complete menu and keep electrically heated and chilled serving units filled during meal hours. More than 20,000 people are served each week.



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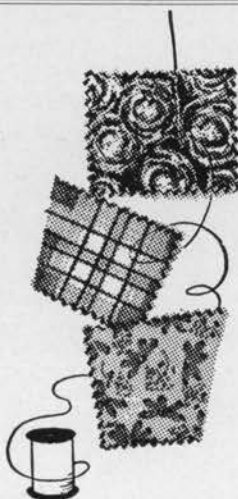
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**Svens**

*by Mary Kay Pitzer*

AMERICA is the country of cowboys, divorces, gangsters and cocktail parties. At least that's the picture American movies have painted for the people of Sweden, and Marcia Gaston Hadachek, a 4-H exchange student there last summer, had the job of helping to re-educate them.

Marcia, '49 graduate of Iowa State, was a member of the International Farm Youth Exchange, a program to promote better understanding between the rural young people of different countries.

Each county in Iowa selected a candidate for the youth exchange and from that group Marcia was one of two chosen to represent the state by members of the Iowa State College staff, the Extension Service and the Iowa Farm Bureau. To finance the trip, state 4-H clubs and the Rural Young Peoples' organizations raised \$1,000 to cover each delegate's expenses.

For 13 weeks Marcia lived on two typical Swedish farms. "At first," she explains, "my hosts thought I was there just to learn to cook and keep house the Swedish way, and they gave me plenty of chances to learn by experience. In spite of language barriers in the first farm, I had no difficulty in learning the Swedish words for dishpan and mop."

"However," Marcia continues, "living as an actual member of the household gave me a much better opportunity to observe the people and their way of life than if they had treated me as an honored guest."

### *5 Meals a Day*

Five meals a day is the accepted thing in Sweden and this new practice added 15 pounds in a hurry, Marcia soon learned. Coffee is served daily at 9:30 a.m. and 3:30 p.m. along with a large selection of breads and cookies.

We've all heard about certain Swedish culinary specialties, but Marcia believes that American meals with their abundance of vegetables offer more variety than Swedish cooking. A famous Smorgasbord begins with bread followed by a serving of fish. The second course consists of more bread, this time eaten with meat. Then after more bread and salad, followed by bread and cheese, it's time to begin the actual meal of meat and potatoes.

\* Swedish Home



*Five meals a day, washings twice a year.*

*That's what Marcia Gaston Hadachek*

*found when she visited a*

# ka Hemmma \*

Swedish coffee parties are held on birthdays and are occasions that call for food in quality and quantity. The hostess' idea is to serve as many different kinds of cookies and cakes as possible, and no self-respecting homemaker would think of serving less than seven or eight varieties. In return the guests are expected to heap their plates again and again to show their appreciation.

"Blue Mondays are practically non-existent in Sweden," Marcia reports, "for household washings are done only twice a year. Before a girl marries she probably will have woven and made at least 12 dozen hand towels, 12 dozen dish towels and 3 dozen sheets to keep her well supplied for 6 months at a time. Personal washings are done about every 2 months so each person must be well supplied with clothes, too."

## *More Languages Taught*

Swedish children have two more years of freedom from teachers and books than their American contemporaries, for they start to school at the age of seven. However, they seem to make up for lost time. During grade school they have 4 years of English, 3 years of German and 2 years of French. "I felt a little subnormal telling them that I could speak only English," Marcia admits.

Most rural children attend school only for the 7 years of grade school although they may go on to a high school in a larger town for 3 or 4 years. For higher education they go to the gymnasium (comparable to our junior college) and then to the university.

Instead of going on to high school, most farm young people attend farming or homemaking schools when they are 18 years old. "The courses in these schools are practical, not technical," Marcia explains. "Chemistry and physics do not play the important role they do in our curriculum. Instead cooking, weaving, meal planning and gardening are emphasized."

If a girl wishes to teach home economics in one of these schools she must first practice in a home for 6 months and then attend a homemaking school for 2 years. Following this she must work in actual homes, this time for 2 years, to really have practical training in what she learned at school. By the time a girl is ready to teach, she is at least 23. The Swedish people found it hard to believe that Marcia was a college graduate and eligible for a teaching job at the age of 21.



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*The Most-Used Thing  
In Grandmother's Kitchen Was Her...*

# Jack-of-all-Trades Cookbook

by Barbara Short

BACK IN the 1800's, when the homemaker was automatically given the role of everything from doctor to druggist, the cookbook had an honored place on the bookshelf. Besides recipes and menus, it gave advice on a variety of family problems including etiquette, money, cleaning and also such things as how to make paste and cement.

Here are some excerpts from those old cookbooks.

W. A. Henderson, author of *Modern Domestic Cookery and Useful Receipt Book* which was published in 1844, says "Females should be early taught to prefer the society of their homes, to engage themselves in domestic duties, and to avoid every species of idle vanity, to which thousands of them owe their ruin; and, above all things, to consider their parents as their best friends."

"Grand Ptisah, or Diet Drink of Health and Longevity, by a celebrated French Physician, who lived nearly a hundred and twenty years," was included in the section on household hints. It consists of oats, succory roots, crystal mineral and honey. Henderson tells his readers how to breed gold and silver fish, how to waterproof cloth and fireproof paper, how to make vinegars and wines, cement and cleaning fluid, among other things.

His "Composition for Restoring Scorched Linen" says to "boil in half a pint of vinegar, 2 ounces of fullers' earth, an ounce of hen's dung, half an ounce of cake soap, and the juice of two onions. Spread . . . over the whole of the damaged part."

Miss Corson's *Cooking Manual of Practical Directions for Economical Every-day Cookery*, published in 1877, recommends filtered water for the invalid. "Put a quart of clear water over the fire, and just bring it to a boil; remove it, and strain it three or four times through flannel; then cool it in a covered jar or pitcher, and give it to the patient in small quantities as the condition requires."

"Never give medicine to a very young child . . . If medicine must be given at all, give it to the nurse," is the belief of the author of the *Ladies Indispensible Assistant*, published in 1853. For a burn or scald, the cookbook says to "burn the inside sole of an old shoe to ashes and sprinkle the ashes on the affected parts."

In the section titled "Etiquette for Ladies and Gentlemen," one reads, "A gentleman may hook a dress or lace a shoe with perfect propriety and should be able to do so gracefully." Under "General Rules of Behavior," is included "Spit as little as possible and never upon the floor," and "Meeting an acquaintance among strangers — in the street, or a coffeehouse, never address him by name. It is vulgar and annoying."

The author gives men the following rules. "A gentleman having met a lady at social parties, accompanied by her to and from church, may desire to become more intimately acquainted . . . You wish to commence formal addresses. What will you do? Why, taking some good opportunity, you will say, 'Miss Wilson, since I became acquainted with you, I have been every day more pleased with your society . . . if you are not otherwise engaged, will you permit me to visit you tomorrow evening?'"

"If her friends have not been consulted, as they usually are before matters proceed so far, she may say: 'I am sensible of your kindness, sir: but I cannot consent to a private interview, without consulting my family.'"

The author of *The New American Book*, published in 1899, exhibits the spirit of Iowa State College, which began offering home economics courses 26 years before, when she says, "One day when I was tired and my dish-cloths looked rather gray, I turned a few drops of ammonia into the water, and rubbed them out, and found it acted like a charm; and I shall be sure to do so again some day."

Under the heading, "Household Hints and Recipes," was included "Paste for scrap-books — Put in plenty of alum. It will prevent moth or mice."

"To Clean Woolen Dresses — take cornmeal and water, and boil it the same as for mush; put the dress with enough water and the mush to wash it; rinse it in clear water, and hang it up to dry without wringing, to keep it from being wrinkled; iron it on the wrong side before it is quite dry."

The author reminds us "that the wings of turkeys, geese and chickens should never be thrown away. Many people, especially in the country, keep them to brush off the stove or range, but there is nothing better to wash and clean windows."

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Tins of vacuum-cooked pork sausage bob into this machine, come out sealed. Much of the canning and cooking at the Rath plant is done by women employees.

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*Cook's Favorite*

# At Alpha De

*by Floramae Gates*

**I**F YOU should pass the kitchen of Alpha Delta Pi social fraternity house some afternoon, and have your appetite teased with tea aromas, you'll know that Mrs. Mabel Jessen, the English cook, is having her spot of mid-afternoon tea.

"It's a good lift to have a bit of tea before beginning to cook supper," declares Mrs. Jessen, a native of London.

The ADPi's are happy with their peppy representative of England. They think that Mabel's specialty is meat cookery. And well might they think so, for at one time she was meat specialist in the cafeteria of St. Ambrose College, Davenport.

"I don't cook many English dishes for the ADPi's because, don't you know, they like what they're used to," says Mrs. Jessen. "I did fix a holiday plum pudding at Christmas."

Born in London, Mrs. Jessen came to the United States in 1911. She went to California because she thought it would be good experience. For 6 years she cooked for movie directors, actresses and celebrities.

Universal producer Milton Swaltzwald and actor Errol Flynn were on Mrs. Jessen's list of Hollywood employers. In addition, she served many English teas and special parties for celebrities.

"One of my English favorites that the movie people liked was roast beef and Yorkshire pudding," comments Mrs. Jessen.

Now Mrs. Jessen claims Clinton as her home. She came to the ADPi house last fall from a job as cook at the Legionnaire Club in Clinton.

Mrs. Jessen can't quite remember how she became interested in cooking except that "it just came naturally when I started about 15 years ago. I have always liked to cook the modern way and find out new methods, and I've attended cooking schools in Clinton, Davenport, and Hollywood."

Like other cooks do, Mrs. Jessen has special tricks to make everything from peanut butter cookies to mint jelly. The only special knack for making a Christmas plum pudding Mrs. Jessen says "is just to be from England."

"But," she comments, "you don't have to come from England or have any special tricks to make or enjoy English tea cakes, one of the usual pastries served with the English black tea, between 3 and 4 o'clock."

Here's the easy-to-make recipe:

#### ENGLISH TEA CAKES

CREAM:	2 cups light brown sugar
	$\frac{3}{4}$ cup butter
BEAT IN:	3 eggs
ADD:	$\frac{2}{3}$ cup sour cream.



a Pi



SIFT AND ADD: 1 tsp. soda  
1 tsp. salt  
1 tsp. cinnamon  
1 tsp. cloves  
1 tsp. nutmeg  
2 cups flour

ADD: 1 cup raisins  
1 cup nutmeats, chopped  
½ pound of citron, chopped

DROP: Very small teaspoonfuls of batter on greased baking sheet.

BRUSH: Sweet milk on cookies and sprinkle sugar on top.

BAKE: 350 to 375°  
12-15 minutes

MAKES: 40 to 50 English tea cakes

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## Home Economics Film

*(Continued from page 3)*

cast couldn't wear the same clothes for all 4 years in the picture. That meant finding a lot of different kinds of outfits for a good many different occasions and weather changes. Color had to be considered, too. A wine suit on Margaret would clash with a red one worn by Lyndall, and the colors couldn't be too outstanding or they'd detract from the action in the picture.

### *Errors Avoided*

An error on some small technicality often becomes quite evident on the screen. So in planning the wardrobes, lists upon lists are made to keep track of what each student wears in each scene. That way, if a scene is shot on two different days, their hair will be combed the same way, they'll have the same jewelry on and the same barrettes in their hair. Typical of what can happen, Pat borrowed a yellow sweater for the first shots of a scene taken early last fall, then couldn't remember who loaned it to her when the final shots were ready to be taken in February.

Miss Marjorie Garfield, head of the Department of Applied Art, and color and properties adviser for the film, assisted with the selection of the wardrobes. She also helped out in a redecorating job. A large room for shooting the dormitory scenes was necessary in order to accommodate all of the camera equipment. Luckily, the largest dormitory room on campus is in Elm Hall which was scheduled for redecoration last fall. Miss Garfield selected the new colors, curtains and draperies. The two students who really live in the room were evacuated for 6 weeks while the decorating and shooting went on.

### *Faculty Helps*

Nearly every faculty member in the home economics division will have had a hand in the film before it's finished. Prof. Edna O'Bryan and Prof. Marion Lepley, of the Department of Applied Art and Prof. Norma Hollen and Prof. Fannie Potgieter, of the Department of Textiles and Clothing, have made arrangements for shots. Several other faculty members are shown in the film. These include Prof. Alice Waugh, of the Applied Art Department; Prof. Beatrice Donaldson, of the Foods and Nutrition Department; Prof. Carolyn Cason, of the Department of Institution Management; Prof. Jane Sadler, of the Textiles and Clothing Department; Miss Irene Nettleton, of the Home Economics Placement Office, and Miss Marquita Irland, of the Department of Home Management. Others will be included as the filming goes on. In one particular textiles and clothing classroom scene, Prof. Olive Settles', Guatemalan costumes were used to make this one of the most colorful and interesting scenes in the film.

The entire film is proving to be especially colorful. It might seem that classroom shots in the applied art and textiles and clothing departments would steal the scenes from the color standpoint, but the production staff has discovered that, surprisingly, there's a lot of natural color in every one of the departments. One of the most fascinating scenes filmed so far is in an institution management class with the cast emptying cans of yellow peaches on a tray for comparison.

There's plenty of action, too, in the classroom scenes. Mr. Knudsen was watching students make butter-horn rolls in an institution management class one day and became thoroughly fascinated. So, that scene had to be in the film.

Filming a color movie presents one particular problem. It's necessary to work in small areas. Otherwise a tremendous amount of light is needed to take color pictures. Another problem, that wasn't predicted, arose in a textiles and clothing scene. It took an hour and a half to figure out how to catch reflections in a mirror as the student actresses tried on different colored fabrics. Another hour and a half was spent finding a way to keep the shadow of one of the stars from being in the film as she modeled before a plain wall background. They didn't have access to an overhead light. The problem was solved by adjusting the light first one way and then another until the shadow didn't show up.

### *Another Problem*

Still another problem was how to eliminate the reflection of the water in the swimming pool while Laurayne did a surface dive in front of the cameras. It was solved by taking the pictures at noon when the water was completely quiet and by getting the camera close to the edge of the pool.

Starring in screen roles means a lot of extra hours of work, but Lyndall, Margaret, Pat and Elizabeth have had fun. So far, they've had no trouble with grades — they bring their books with them and study in between shots.

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*Coming Up On American Menus Are—*

# Philippine Foods

*Fermented shrimp sauce, mangoes and pineapple skin preserves may someday be on the American bill of fare tells Dorothy Miller in an interview with Iowa State fellowship student, Mrs. Matilde Guzman.*

**I**F FERMENTED shrimp sauce becomes a favorite American dish someday — it may be because Filipino Mrs. Matilde Guzman studied foods at Iowa State.

Young Mrs. Guzman arrived this quarter, sent by the Philippine government to study food preparation in this country. She is particularly interested in food preservation so that some of her country's favorite dishes can be shipped overseas.

The shrimp sauce, called "Bagoong," is the one dish Filipinos miss in other countries, Mrs. Guzman says. It is served as a rich topping for vegetable dishes.

Another Philippine food which Mrs. Guzman believes might make a hit in America is the mango. This large, heart-shaped fruit is the pride of the Philippines. It is yellow-red, with a thick rind and a fibrous pulp. "It is sweet and tastes better than the peach," says Mrs. Guzman. A demand for the mango is already springing up in other countries.

## *Pineapple Skin Mash*

A preserve derived from pineapple skins is a great Philippine favorite. The skins are mashed and treated with sugar. Bacteria is added and the mixture allowed to ferment for 2 weeks. The result is a thick mash with a fibrous texture.

The petite Filipino's face lights up as she speaks of her country's national dishes. One called "Adobo" is made of brown garlic, vinegar and pepper, having a pickled flavor. Another favorite is "Sinigang." This is a mixture of meat and vegetables in a stew with a decided acid flavor from tomatoes and fruits. Different regions, explains Mrs. Guzman, have their own typical dishes. One region relishes hot, spicy foods, and another cooks most of its foods in coconut milk.

Proper nutrition is emphasized today in Mrs. Guzman's homeland. The average man, she says, knows about vitamins and minerals. Large charts on the walls in markets show daily food requirements and the nutritional content of different foods.

Rice is the staple food of the Filipinos, taking the place of our bread, cereal and potatoes. Sometimes sautéed with garlic, the rice is served regularly for lunch and supper, and often for breakfast.

Fish or some other meat is served each day. Pork is preferred to beef, Mrs. Guzman points out. Veget-

ables are served regularly, generally sautéed with onion and garlic, and served with shrimp sauce. Vegetable salads are uncommon in the Philippines.

Common fare for the average family includes pastries and cakes. When rice flour is used, the rice must be wet-milled by hand with a stone grinder. Wheat flour imported from the United States is also used.

## *Milk Uncommon*

Milk is not common in the Philippines. It costs 60 cents a quart. However, few cases of calcium deficiency occur. A possible explanation, Mrs. Guzman believes, may be that the people receive adequate calcium from bone matter in fermented fish.

Salting and drying are the methods of food preservation used in the Philippines. Only meats and some fruits can be preserved in this way. There are no canning factories.

"American foods are not too different," Mrs. Guzman finds. The ice cream here, she says, is much richer than that in the Philippines, where it is mainly dilute milk and fillers. The avocado pears she has seen in America are tiny, compared to the Philippine avocado. These are about the size of canteloupes, and are not used in salads, but are popular in ice cream.

Mrs. Guzman is impressed with Iowa State College's Home Economics Hall and its modern equipment. "In Manila we have tiny classrooms and inadequate facilities," she says. One hundred of the 6,000 women in the University of the Philippines are majoring in home economics. About 3,000 women elect one-hour home economics lectures each week.

The home economics department of the University of the Philippines is housed in a temporary building set up by the army during the war. A new building under construction is expected to be ready for use by June.

A graduate of the University of the Philippines, Mrs. Guzman is now a home economics instructor. Her department recommended her for the fellowship at Iowa State. Mrs. Guzman comes from a family educated in United States schools. Her father was a government fellow in medicine at the University of Illinois. Her sister did graduate work at Harvard University, and her brother-in-law had a government fellowship in English at the University of Chicago.





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